



The purpose of an **LCC Core Group** is to fully express the four **core** elements of Jesus' life—Air (worship), Earth (growth), Fire (community) & Water (ministry)—and to serve as the **core structure** for our church. We encourage each group to develop their own rhythm to express all four.

As we think this week of the last “element” of Jesus' life, we are also preparing our hearts for our “Commitment Sunday.”

Element Four: Water

Our metaphor for the final element of Jesus' life is **Water** and it specifically refers to his consistent behavior to bless and refresh those around him. Today, Jesus is still characterized as a “refreshing” person. How have you heard non-Christians talk about Jesus?

Read **Mark 7:31-37**. How did the people respond to this miracle?

What does it mean to do everything well? Think of someone you know. What would they have to do to get you to say that about them?

What do you think a church would have to do to get the people in their community to say that about them?

Becoming a Refreshing Person

When it comes to blessing other people, we generally have three obstacles to overcome: (1) We might not feel “strong” or “capable” enough in some way to help; (2) We might not think the other person “deserves” a blessing from us; or (3) We might be concerned about how our actions will be received by others. What are the obstacles you face in blessing others?

Read Mark 10:45, Hebrews 12:2-3, Proverbs 11:25. What does each passage teach you about being a refreshing person like Jesus?

Take it Home

What will it mean for you to be a more refreshing person?

What will it mean for your group to be a more refreshing group?

Are you ready for Commitment Sunday? (Commitment statements are on the website under the post “The Elements.”)



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